

SNOW CRAB CLAWS

CHIONOECETES OPILIO AND BAIRDII



DESCRIPTION:

The opilio crab has four pairs of spindly legs and two claws and the claws are what the snow crab claws are taken from. They are precooked with the “cap” removed or the shell partially removed making it extremely easy to extract the large lumps of delicate crab meat.

EATING QUALITIES:

Known for their sweet succulence and snowy white meat, snow crab has a delicate texture with a salty finish.

FISHING METHODS AND REGULATIONS:

Hailing from both the Atlantic and Pacific Oceans, snow crabs are caught in baited pots and remain live until the fishing vessel reaches the processing plant. Alaska’s main commercial fishery for snow crab starts in January and generally lasts for several months until the quota is met. It is considered to be one of the most dangerous fisheries because of the winter months that it takes place in.

PREPARATION:

Frozen snow crab claws must be thawed before serving. Safely defrost the claws in the refrigerator for 48 hours or briefly run the un-opened bag under cold running water to speed up the thawing process. To serve them hot, the claws can be steamed or poached for 5 minutes, lightly sautéed in a flavorful butter, baked or broiled in the oven.

SOLD AS:

9-12 Count
 12-16 Count
 16-20 Count
 Pack - 12/2 pound bags or 18/3 pound bags

NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	90
Fat Calories	10.6
Total Fat	1.18 g
Saturated Fat	.1 g
Protein	18.5 g
Sodium	539 mg
Cholesterol	55 mg
Omega-3	.37 g

COOKING METHODS

Thaw and Eat
 Broil
 Poach
 Bake
 Sauté
 Steam

HANDLING

Snow crab claws arrive fully cooked and frozen. They can remain in the freezer for up to four months with-out damage. Once thawed, the claws will stay fresh under refrigeration for up to three days. Do not freeze after thawing.

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